

Chocolate Fudge Pie

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

1 9-inch pie crust
6 ounces dark unsweetened chocolate
1 cup butter
1 1/2 cups sugar
1/3 cup all-purpose flour
7 eggs
1 teaspoon vanilla extract

Preheat the oven to 350 degrees.

Butter and flour a springform pie pan. Line with the crust. Bake in the oven for 15 minutes. Let cool.

In a double-boiler, melt the chocolate and butter, stirring often. Let cool.

In a bowl, beat the sugar, flour, eggs and vanilla extract until smooth and creamy. Fold into the chocolate mixture. Pour into the crust.

Bake in the oven for 25 to 35 minutes. Let cool. Unmold.

Variation: Replace the vanilla with four drops of orange blossom and three tablespoons of grated orange peel.

Per Serving (excluding unknown items): 433 Calories; 27g Fat (56.1% calories from fat); 6g Protein; 42g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 296mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	433	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	38.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	27g	Folacin (mcg):	30mcg
Saturated Fat (g):	16g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	248mg	% Refuse:	n n%

Carbohydrate (g):	42g
Dietary Fiber (g):	trace
Protein (g):	6g
Sodium (mg):	296mg
Potassium (mg):	72mg
Calcium (mg):	31mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	1080IU
Vitamin A (r.e.):	276RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 433 Calories from Fat: 243

% Daily Values*

Total Fat 27g	42%
Saturated Fat 16g	78%
Cholesterol 248mg	83%
Sodium 296mg	12%
Total Carbohydrates 42g	14%
Dietary Fiber trace	1%
Protein 6g	
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Vitamin A	22%
Vitamin C	0%
Calcium	3%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.